HOW TO IDENTIFY A NARCISSIST

Mental scans to differentiate between Overt (loud) and Covert (fragile/vulnerable) mechanics

The Two-Question Scan

Run this simple two-question calculation inside your head whenever you hit an ambient stress spike in the house:

"Is this person trying to look all-powerful, or are they trying to look completely unappreciated?"

If all-powerful, switch your armor to **Overt Stealth**. If unappreciated, drop a total **Information Blackout** and ignore the pity trap.

"Does my boundary risk a physical surge or a passive-aggressive sulk?" If physical, bypass communication and document the facts safely.

If a sulk, let their empty machine sit parked in his "man cave" layout on dead batteries until he performs manual labor to buy his way back onto your grid.

THE ON-THE-FLY SCANNER: OVERT Versus Covert

A 60-Second Field Reference Guide

SCAN POINT:
OVERT MECHANICS (**The Loud Renegade**)
Covert MECHANICS (**The Fragile Martyr**)

Primary Fuel Source:
Overt uses Direct Domination (Fear, submission, and public applause).
Covert uses Malignant Pity (Guilt, obligation, and soft reassurance).

Environmental Sound:
Overt uses Booming tirades, slamming doors, and loud territorial pacing loops.
Covert uses Loud theatrical sighs, heavy asthma breathing, and passive-aggressive moping.

When Caught in a Lie:
Overt explodes into defensive rage, launches a Dominance Bluff, or threatens legal action .
Covert Abruptly shrinks into an "Aw Shucks" Bait or opens the Ultimate Victim Folder.

The Blueprint Trick:
Overt Triangulates openly with exes, brags about assets, or picks fights to command the room.
Covert Leaves flat, tasteless cakes or screens face-up to run a Covert Triangulation Script.

The Household Trap:
Overt Demands absolute obedience and constant praise for being the patriarch.
Covert Acts like a sweet, clumsy, neglected old man to lure you into soft relationship talks.

Physical Risk Index:
Overt is HIGH ALERT. High likelihood of physical escalation or unhinged blackout rages.
Covert is LOW VOLTAGE. Highly unlikely to escalate past passive-aggressive tracking games.

Your Core Protocol Setting:
For Overt use Strategic Operational Stealth (Invisible compliance, build a secret exit layout).
For Covert use Controlled Sandbox (Enforce strict Cash-on-Delivery Ledger trades).

THE NARCISSISTIC WEAPONS REGISTRY

An Operational Breakdown of Diagnostic Mind Games & Traps

1. Love Bombing (The Trojan Horse Script)

The Execution: Run at the absolute beginning of a relationship layout. The Narcissist floods the target's perimeter with **high-intensity text messages, non-stop validation, expensive gifts, and premature declarations of eternal devotion** ("You are my absolute soulmate; I've never felt this way about anyone").

The Underline Glitch: This is not an act of love; it is an aggressive environmental mapping scan. The Narcissist's dorsolateral prefrontal cortex (dlPFC) uses this phase to lower your firewalls, bypass your boundaries, and **trick you into handing over the master keys to your emotional grid**. They are building an emergency emotional credit account that they intend to draw from for years.

2. Bread-Crumbing (The Low-Voltage Tether)

The Execution: Deployed after a Narcissist has successfully isolated a target or when the target begins to pull away. The Narcissist drops **tiny, intermittent micro-doses of validation, affection, or vague promises about the future** ("I've been thinking a lot about our future garden project lately" or leaving a small, half-baked gesture like a flat, tasteless cake on the counter).

The Underline Glitch: This is pure operant conditioning **designed to keep your nervous system hooked on a starvation diet**. They give you just enough hope to prevent you from completely packing your bags, keeping your high-grade life force tethered to their empty tank while they offer absolute zero real-world consistency or effort in return.

3. The Abandonment Play (The Silent Freeze-Out)

The Execution: Deployed immediately after a target enforces a healthy boundary or refuses to pay an unearned **"admiration tax."** The narcissist abruptly cuts off all verbal communication, turns his back, slams doors, or storms off to hide in his "man cave" or run a hyperactive pacing loop in the yard.

The Underline Glitch: This is an acoustic and physical embargo designed to trigger the target's primal childhood fear of abandonment. **They want the silence of the house to become so heavy and anxiety-inducing that your nervous system cracks**, forcing you to march down the hallway, knock on their room frame, and beg for their forgiveness just to make the tension stop.

4. Triangulation (The Third-Party Software Injection)

The Execution: The Narcissist **intentionally introduces a third entity into the communication stream to create jealousy and instability**. This can manifest as openly praising an ex-partner, talking endlessly about a highly attractive coworker, or overtly sexting another individual (such as a family cousin) and leaving the phone screen face-up for you to catch.

The Underline Glitch: A Narcissist cannot survive if you feel secure. By **forcing you to compete with a third party for their attention**, they instantly elevate their own status to an indispensable prize. They text other people to trigger your desperation, forcing your life force onto their high-conflict grid so they can harvest your tears as premium fuel.

5. Gaslighting (The Reality-Overwrite Command)

The Execution: When caught in a blatant lie or a toxic betrayal, the Narcissist **flatly denies the physical data and attacks the target's cognitive sanity** ("That never happened," "You're rewriting history," "You're completely delusional and paranoid", and maybe even "You need psychiatric help"). If presented with ironclad digital screenshots, their backup system automatically claims the recording is fake, edited, or that you "set them up" to extort them.

The Underline Glitch: Because their internal firewall cannot bear the weight of shame without their plaster mask imploding (**Narcissistic Mortification**), their brain literally deletes the memory file of their crime. **They force a reality-overwrite command onto you**, hoping you will drop the charges and accept their confabulated version of history just to escape the mental exhaustion.

6. The Medical Pity Ploy (The Somatic Overdrive)

The Execution: Deployed whenever a target successfully achieves an independent milestone or implements an absolute **Information Blackout**. The Narcissist **suddenly develops an acute, dramatic physical ailment** - a sudden severe chest pain, a phantom back injury, a loud theatrical asthma breathing stunt, or a staged, reckless accident out on a ladder in the yard.

The Underline Glitch: This is a high-voltage moral hostage situation. Their threat-monitoring system realizes their standard control scripts are bankrupt. They **stage a biological crisis** to legally force you to abandon your "woman cave," drop your computer games, and spend 24-seven playing the role of their guilty, frantic, and submissive private nurse.

7. Hoovering (The Vacuum Clean Loop)

The Execution: Deployed weeks or months after a target has successfully achieved a clean physical separation. The Narcissist **suddenly breaches the vacuum with a random, benign, or highly urgent transmission** ("I found an old sweater of yours in the dryer," "Your favorite cat looks sick," or a fake, dramatic confession of "Strategic Honesty" designed to shock your system).

The Underline Glitch: Named after the vacuum cleaner, this script has zero to do with authentic reconciliation. **Their current external source of fuel has run dry, their battery is in the blinking red zone, and their system remembered your high-grade energy archive.** They are vacuuming your perimeter layout to see if a single micro-dose of text drama can hook your attention and pull you back onto their matrix for a free recharge.

LIVE FIELD ENGAGEMENT SCRIPTS

The "Macho Dominance" Circuit Breaker:

Deploy this exact script using your flat stone "**TV Cop" mask** whenever the subject attempts an **aggressive boundary probe or tactical bluff**: "We have to stay reasonable so we don't have any more outbursts because that would be embarrassing, and no one wants to see that again, remember?"

Tactical Execution: The exact millisecond the word "remember" leaves your mouth, step back and pull the fabric curtain completely shut or lock the heavy door wedge into the frame. Do not stand there to watch his brain process the data.

The Cash-on-Delivery (C.O.D.)

Transaction Receipt: Deploy this **monotone administrative verbal receipt** when processing a completed chore invoice (e.g., van door panels, roof rubber seals) **to neutralize soft intimacy hooks**: "The vehicular repairs are noted. Since the labor is completed, the contract is active. The joint dinner is handled, and you can select the television background program for the living room tonight. Let's maintain the roommate baseline."